THE

COOK'S ORACLE.

INSTITUTED IN THE KITCHEN OF

WILLIAM KITCHINER, M.D.

THE

COOK'S ORACLE;

CONTAINING

RECEIPTS FOR PLAIN COOKERY,

ON THE

MOST ECONOMICAL PLAN FOR PRIVATE FAMILIES;

ALSO

THE ART OF COMPOSING THE MOST SIMPLE AND MOST HIGHLY FINISHED

Broths, Grabies, Soups, Sauces, Store Sauces,

AND FLAVOURING ESSENCES;

PASTRY, PRESERVES, PUDDINGS, PICKLES, &c.

CONTAINING ALSO

A COMPLETE SYSTEM OF COOKERY FOR CATHOLIC FAMILIES.

The Quantity of each Article is

ACCURATELY STATED BY WEIGHT AND MEASURE;

BEING THE RESULT OF

Actual Experiments

INSTITUTED IN THE KITCHEN OF

WILLIAM KITCHINER, M.D.

AUTHOR OF

THE ART OF INVIGORATING LIFE BY FOOD;
THE HOUSEKEEPER'S ORACLE;
THE HORSE AND CARRIAGE KEEPER'S ORACLE;
THE TRAVELLER'S ORACLE;
THE ECONOMY OF THE EYES, AND RULES FOR CHOOSING AND USING SPECTACLES, OPERA GLASSES, AND TELESCOPES; OBSERVATIONS ON SINGING, &c.; AND EDITOR OF THE NATIONAL AND SEA SONGS OF ENGLAND.

"Miscuit utile dulci."

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FRIENDLY ADVICE TO COOKS,*

AND OTHER

SERVANTS.

On your first coming into a family, lose no time in immediately getting into the good graces of your fellow-servants, that you may learn from them the customs of the Kitchen, and the various rules and orders of the House.

Take care to be on good terms with the servant who waits at table; — make use of him as your Sentinel, to inform you how your work has pleased in the parlour; by his report you may be enabled in some measure to rectify any mistake; but request the favour of an early interview with your Master or Mistress,—*depend as little as possible on second-hand opinions.*—Judge of your Employers from YOUR OWN observations, and THEIR behaviour to you,— not from any idle reports from the other Servants, who, if your Master or Mistress inadvertently drop a word in your praise will immediately take alarm, and, fearing your being more in favour than themselves, will seldom stick at trifles to prevent it, by pretending to take a prodigious liking to you, and poisoning your mind in such a manner as to destroy all your confidence, &c. in your Employers, and if they do not immediately succeed in worrying you away — will take care that you have no comfort while you

* A Chapter of Advice to Cooks will, we hope, be found as useful as it is original: all we have on this subject in the works of our predecessors, is the following: "I shall strongly recommend to all Cooks of either sex, to keep their stomachs free from strong liquors till *after* Dinner, and their Noses from snuff."—*Vide* CLERMONT'S *Professed Cook*, p. 30, 8vo. London, 1776.

stay:—Be most cautious of those who profess most: not only, beware of believing such honey-tongued folks, but beware as much, of betraying your suspicions of them—for that will set fire to the train at once, and of a doubtful Friend, make a determined Enemy.

If you are a good Cook, and strictly do your duty—you will soon become a favourite domestic—but never boast of the approbation of your Employers, for in proportion as they think you rise in their estimation—you will excite all the tricks, that Envy, Hatred, Malice, and all Uncharitableness, can suggest to your fellow-servants;—every one of whom, if less sober, honest, or industrious, or less favoured than yourself,—will be your Enemy.

While we warn you against making others your Enemy, take care that you do not Yourself become your own and greatest Enemy.—"*Favourites are never in greater danger of falling, than when in the greatest favour*"—which often begets a careless inattention to the commands of their employers, and insolent overbearance to their equals, a gradual neglect of duty, and a corresponding forfeiture of that *Regard—which can only be preserved by the means which created it.*

"Those arts by which at first you gain it,
You still must practise to maintain it."

If your Employers are so pleased with your conduct as to treat you as a friend rather than a servant—do not let their kindness excite your self-conceit, so as to make you for a moment forget you are one. Condescension, even to a proverb, produces Contempt in inconsiderate minds, and to such, the very means which Benevolence takes to cherish attention to duty, becomes the cause of the evil it is intended to prevent.

To be an agreeable Companion in the Kitchen, without compromising your duty to your Patrons in the Parlour, requires no small portion of good sense and good nature—in a word, you must "*Do as you would be done by.*"

ACT FOR, AND SPEAK OF EVERY BODY AS IF THEY WERE PRESENT.

TABLE OF WEIGHTS AND MEASURES.

To reduce our Culinary Operations to as exact a certainty as the nature of the processes would admit of—we have, wherever it was needful, given the Quantities of each article.

THE WEIGHTS are *Avoirdupois.*

THE MEASURE,—the graduated glass of the Apothecaries; this appeared the most accurate and convenient;—*the Pint* being divided into sixteen ounces, *the Ounce* into eight drachms. A middling-sized *Tea-spoon* will contain about a Drachm;—four such Tea-spoons are equal to a middling-sized *Table-spoon*, or half an Ounce;—four Table-spoons to a common-sized *Wine-glass.*

The specific gravities of the various substances being so extremely different, we cannot offer any auxiliary standards* for the WEIGHTS, which we earnestly recommend the Cook to employ, if she wishes to gain credit for accuracy and uniformity in her business: these she will find it necessary to have as small as the quarter of a drachm Avoirdupois, which is equal to nearly seven grains Troy.

GLASS MEASURES (divided into Tea and Table-spoons), containing from Half an Ounce to Half a Pint,—may be had at HANCOCK and SHEPHERD'S GLASS SHOP, at Charing-Cross, and at PRICE'S, near Exeter 'Change, Strand; where also may be had,—the DOUBLE-HEADED PEPPER AND SPICE BOXES, with caps over the gratings. The superiority of these, by preserving the contents from the action of the air, must be sufficiently obvious to every one: *the fine aromatic flavour of Pepper is soon lost, from the bottles it is usually kept in not being well stopped.* Peppers are seldom ground or pounded sufficiently fine.

* A large Table-spoonful of Flour weighs about half an Ounce.

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VEGETABLES.

Colcannon—(No. 105).

Boil Potatoes and Greens, or Spinage separately—mash the Potatoes; squeeze the Greens dry; chop them quite fine, and mix them with the Potatoes with a little butter, pepper, and salt; put it into a mould, buttering it well first; let it stand in a hot oven for ten minutes.

Cucumber Stewed—(No. 134.)

Peel and cut cucumbers in quarters, take out the seeds, and lay them on a cloth to drain off the water: when they are dry, flour and fry them in fresh butter; let the butter be quite hot before you put in the cucumbers; fry them till they are brown, then take them out with an egg-slice, and lay them on a sieve to drain the fat from them (some Cooks fry sliced Onions, or some small Button Onions, with them, till they are a delicate light-brown colour, drain them from the fat, and then put them into a stew-pan, with as much gravy as will cover them): stew slowly till they are tender; take out the cucumbers with a slice, thicken the Gravy with flour and butter, give it a boil up, season it with pepper and salt, and put in the cucumbers; as soon as they are warm, they are ready.

The above, rubbed through a Tamis, or fine sieve, will be entitled to be called "CUCUMBER SAUCE." See No. 339, Cucumber Vinegar. This is a very favourite sauce with lamb or mutton-cutlets, stewed rump-steaks, &c. &c.; when made for the latter, a third part of sliced onion is sometimes fried with the cucumber.

Broccoli—(No. 125).

Set a pan of clean cold water on the table, and a sauce-pan on the fire with plenty of water, and a handful of salt in it.

Broccoli is prepared by stripping off all the side shoots, leaving the top; peel off the skin of the stalk with a knife; cut it close off at the bottom, and put it into the pan of cold water.

When the water in the stew-pan boils, and the Broccoli is ready, put it in; let it boil briskly till the stalks feel tender, from ten to twenty minutes;—take it up with a slice, that you may not break it; let it drain and serve up.

If some of the heads of Broccoli are much bigger than the others, put them on to boil first, so that they may get all done together.

Obs.—It makes a nice supper-dish served up on a toast, like Asparagus. It is a very delicate vegetable, and you must take it up the moment it is done, and send it to table *hot*.

French Beans—(No. 132).

Cut off the stalk-end first, and then turn to the point and strip off the strings:—*If not quite fresh*, have a bowl of spring-water, with a little salt dissolved in it, standing before you, and as the beans are cleaned and stringed, throw them in:—when all are done, put them on the fire in boiling water, with some salt in it; after they have boiled fifteen or twenty minutes, take one out and taste it; as soon as they are tender take them up, throw them into a colander or sieve to drain.

To send up the beans whole is much the best method when they are thus young, and their delicate flavour and colour are much better preserved. When a little more grown, they must be cut across in two after stringing; and for common tables they are split, and divided across; cut them all the same length, but those who are nice never have them at such a growth as to require splitting.

When they are very large they look pretty cut into Lozenges.

*Green Pease** — (No. 133).

Young Green Pease well dressed are one of the most delicious delicacies of the vegetable kingdom. They must be young; it is equally indispensable that they be *fresh gathered, and cooked as soon as they are shelled*, for they soon lose both their colour and sweetness.

If you wish to feast upon PEASE IN PERFECTION, you must have them gathered the same day they are dressed, and put on to boil within half an hour after they are shelled.

Pass them through a *riddle, i. e.* a coarse sieve, which is made for the purpose of separating them. This precaution is necessary, for large and small pease cannot be boiled together, as the former will take more time than the latter.

For a peck of pease, set on a sauce-pan with a gallon of water in it; when it boils, put in your pease, with a table-spoonful of salt, — skim it well, keep them boiling quick from twenty to thirty minutes, according to their age and size: the best way to judge of their being done enough, and indeed the only way to make sure of cooking them to, and not beyond, the point of perfection, or, as Pea-eaters say, of "*boiling them to a bubble*," is to take them out with a spoon, and taste them.

When they are done enough, drain them on a hair-sieve.

If you like them buttered, put them into a pie-dish, divide some butter into small bits, and lay them on the pease: put another dish over them, and turn them over and over: this will melt the butter through them: but as all people do not like buttered pease, you had better send them to table plain, as they come out of the sauce-pan, with melted butter (No. 229) in a sauce-tureen. It is usual to boil some Mint with the Pease; but if you wish to garnish the Pease with Mint, boil a few sprigs in a sauce-pan by themselves.

N.B. A Peck of young Pease will not yield more than enough for a couple of hearty Pea-eaters,—when the Pods

are full, it may serve for three.

* Mem.—Never think of purchasing Pease *ready-shelled*, for the cogent reasons assigned in the first part of this receipt.

Potatoes mashed with Onions—(No. 103).

Prepare some boiled onions by putting them through a sieve, and mix them with Potatoes. In proportioning the Onions to the Potatoes, you will be guided by your wish to have more or less of their flavour.

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BROTHS, GRAVIES, AND SOUPS.

Cocky-Leeky Soup — (No. 195).

Take a scrag of Mutton, or shank of Veal, three quarts of water (or liquor in which meat has been boiled), and a good-sized fowl, with two or three leeks cut in pieces about an inch long, pepper and salt; boil slowly about an hour; then put in as many more leeks, and give it three quarters of an hour longer:—this is very good, made of good beef-stock, and leeks put in at twice.

Scotch Brose—(No. 197).

"This favourite Scotch dish is generally made with the liquor meat has been boiled in.

"Put half a pint of Oatmeal into a porringer with a little salt, if there be not enough in the broth,—of which add as much as will mix it to the consistence of hasty-pudding, or a little thicker,—lastly, take a little of the fat that swims on the broth, and put it on the Crowdie, and eat it in the same way as hasty-pudding."

Winter Hotch-Potch.

Take the best end of a neck or loin of Mutton; cut it into neat chops; cut four carrots, and as many turnips into slices; put on four quarts of water, with half the carrots and turnips, and a whole one of each, with a pound of dried green pease, which must be put to soak the night before — let it boil two hours, then take out the whole carrot and turnip; bruise and return them; put in

the meat and the rest of the carrot and turnip, some pepper and salt, and boil slowly three quarters of an hour; a short time before serving, add an onion cut small and a head of celery.

Carrot Soup — (No. 198).

Scrape and wash half a dozen large Carrots; peel off the red outside (which is the only part used for this soup); put it into a gallon stew-pan, with one head of Celery; and an Onion, cut into thin pieces: take two quarts of Beef, Veal, or Mutton Broth, or if you have any cold Roast-Beef Bones (or liquor, in which Mutton or Beef has been boiled), you may make very good broth for this soup:—when you have put the broth to the roots, cover the stew-pan close, and set it on a slow stove for two hours and a half, when the Carrots will be soft enough (some Cooks put in a Tea-cupful of Bread crumbs); boil
* for two or three minutes; rub it through a tamis, or hair-
* sieve, with a wooden-spoon, and add as much broth as will make it a proper thickness, *i. e.* almost as thick as pease-soup: put it into a clean stew-pan; make it hot; season it with a little salt, and send it up with some toasted bread, cut into pieces, half an inch square. Some put it into the soup; but the best way is to send it up on a plate as a side dish.

Obs.—This is neither expensive nor troublesome to prepare:— in the Kitchens of some opulent Epicures, to make this Soup make a little stronger impression on the gustatory Organs of "*Grands Gourmands*," the Celery and Onions are sliced, and fried in butter of a light brown, the Soup is poured into the Stew-pan to them, and all is boiled up together:—but this must be done very carefully with Butter, or very nicely clarified fat: and the "*Grand Cuisinier*" adds spices, &c. "*ad libitum*."

Carrot Soup—(No. 198*).

(*Another way.*)

Put some beef bones, with four quarts of the liquor in which a Leg of Mutton or Beef has been boiled, two large

onions, a turnip, pepper and salt, into a sauce-pan, and stew for three hours. Have ready six large carrots scraped, and cut thin; strain the soup on them, and stew them till soft enough to pulp through a hair-sieve, or coarse cloth: then boil the pulp with the soup, which is to be as thick as pease-soup. Use two wooden-spoons to rub the carrots through. Make the soup the day before it is to be used; add Cayenne. Pulp only the red part of the carrot, and not the yellow.

The Soup is better made with a shin of beef.

Curry, or Mullaga-Tawny Soup*—(No. 225).

Cut four pounds of a Breast of Veal into pieces, about two inches by one; put the trimmings into a stew-pan with two quarts of water, with twelve corns of Black Pepper, and the same of Allspice; when it boils, skim it clean, and let it boil an hour and a half, then strain it off;—while it is boiling, fry of a nice brown in butter the bits of Veal and four Onions; when they are done, put the Broth to them, put it on the fire; when it boils, skim it clean,—let it simmer half an hour, then mix two spoonsful of Curry, and the same of Flour, with a little cold water and a tea-spoonful of salt; add these to the soup, and simmer it gently till the Veal is quite tender, and it is ready;—or bone a couple of Fowls or Rabbits, and stew them in the manner directed above for the Veal,—and you may put in a bruised Eschalot, and some Mace and Ginger, instead of Black Pepper and Allspice.

Scotch Barley Broth,—*A Good and Substantial Dinner for Five-pence per Head*—(No 193).

Wash three quarters of a pound of *Scotch Barley* in a little cold water; put it in a soup-pot with a Shin or Leg of Beef, of about ten pounds weight, sawed into four pieces (tell the Butcher to do this for you); cover it well with cold water; set it on the fire; when it boils skim it very clean and put in two Onions, of about three ounces weight each; set it by the side of the fire to simmer *very gently* about two hours: then skim all the fat clean off, and put in two heads of Celery, and a large Turnip cut

into small squares; season it with salt, and let it boil an hour and a half longer, and it is ready: take out the meat (carefully with a slice, and cover it up, and set it by the fire to keep warm), and skim the Broth well before you put it in the Tureen.

	s.	*d.*
Shin of Beef of 10 lbs.	2	0
¾ pound of Barley	0	4½
2 Onions, of about 3 oz. weight each	0	0½
Celery	0	1
Large Turnip	0	1
	2	7

Thus you get four quarts of Good Soup at 8*d.* per Quart, besides another quart to make sauce for the Meat, in the following manner:—

Put a quart of the Soup into a basin,—put about an ounce of Flour into a stew-pan, and pour the Broth to it by degrees, stirring it well together; set it on the fire, and stir it till it boils,—then (some put in a glass of Port Wine or Mushroom Catchup, No. 375) let it boil up, and it is ready.

Put the Meat in a Ragoût dish, and strain the Sauce through a sieve over the meat; you may put to it some Capers or minced Gherkins or Walnuts, &c.

If the Beef has been stewed with proper care in a very gentle manner, and be taken up at "the critical moment when it is just tender," you will obtain an *Excellent and Savoury Meal for Eight People* for FIVE-PENCE, *i. e.* for only the cost of the glass of Port wine.

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GRAVIES AND SAUCES.

Melted Butter—(No. 229)

Is so simple and easy to prepare, that it is a matter of general surprise, that what is done so often in every English kitchen, is so seldom done right,—Foreigners may well say, that although we have only ONE SAUCE for Vegetables, Fish, Flesh, Fowl, &c.—we hardly ever make that good.

It is spoiled nine times out of ten, more from Idleness than from Ignorance, and rather because the Cook won't than because she can't do it,—which can only be the case when Housekeepers will not allow Butter to do it with.

GOOD MELTED BUTTER cannot be made with mere flour and water; *there must be a full and proper proportion of Butter.*—As it must be *always on the Table*, and is THE FOUNDATION OF ALMOST ALL OUR ENGLISH SAUCES; we have

Melted Butter and Oysters,
——————— Parsley,
——————— Anchovies,
——————— Eggs,
——————— Shrimps,
——————— Lobsters,
——————— Capers, &c. &c. &c.

I have tried every way of making it; and I trust, at last, that I have written a receipt, which if the Cook will carefully observe, she will constantly succeed in giving satisfaction.

In the quantities of the various Sauces I have ordered, I have had in view the providing for a Family of half-a-dozen moderate people.

Never pour Sauce over Meat, or even put it into the dish;—however well made, some of the Company may have an antipathy to it;—Tastes are as different as Faces:—moreover, if it is sent up separate in a boat, it will keep hot longer, and what is left may be put by for another time, or used for another purpose.

Lastly.—Observe, that in ordering the proportions of MEAT, BUTTER, WINE, SPICE, &c. in the following receipts, *the proper quantity is set down*, and that *a less quantity will not do*;—and in some instances those Palates which have been used to the extreme of *Piquance*, will require additional excitement.*—If we have erred, it has been on the right side, from an anxious wish to combine Economy with Elegance, and the Wholesome with the Toothsome. The following we recommend as an elegant Relish to finish Soups and Sauces.

Keep a pint stew-pan* for this purpose only.

Cut two ounces of butter into little bits, that it may melt more easily, and mix more readily;—put it into the stew-pan with a large tea-spoonful (*i. e.* about three * drachms) of Flour (some prefer *Arrow Root*, or *Potato Starch*, No. 380), and two table-spoonsful of Milk.

When thoroughly mixed,—add six table-spoonsful of water; hold it over the fire, and shake it round every minute (all the while the same way), till it just begins to simmer, then let it stand quietly and boil up. It should be of the thickness of good cream.

Obs.—This is the best way of preparing melted butter:—Milk mixes with the butter much more easily and more intimately than water alone can be made to do. This is of proper thickness to be mixed at table with Flavouring

* This may be easily accomplished by the aid of that Whip and Spur, which Students of long standing in the School of Good Living are generally so fond of enlivening their palate with, *i. e. Cayenne* and *Garlic.*

* A SILVER SAUCEPAN is infinitely the best,—you may have one big enough to melt butter for a moderate family for four or five pounds.

Essences, Anchovy, Mushroom, or Cavice, &c. If made merely to pour over vegetables, add a little more milk to it.

N.B. If the BUTTER OILS, put a spoonful of cold water to it, and stir it with a spoon,—if it is very much oiled, it must be poured backwards and forwards from the Stew-pan to the Sauce-boat till it is right again.

MEM.—Melted Butter made to be mixed with flavouring Essences, Catchups, &c. should be of the thickness of light Batter, that it may adhere to the Fish, &c.

Green Mint Sauce—(No. 268).

Wash half a handful of nice young fresh-gathered *Green Mint* (to this some add one-third the quantity of Parsley), pick the leaves from the stalks, mince them very fine, and put them into a sauce-boat, with a tea-spoonful of moist Sugar, and four table-spoonsful of Vinegar.

Obs.—This is the usual accompaniment to *Hot* Lamb; and an equally agreeable relish with *Cold* Lamb.

If Green Mint cannot be procured, this sauce may be made with *Mint Vinegar* (No. 338).

Celery Sauce Purée, for boiled Turkey, Veal, Fowls, &c. (No. 256).

Cut small half a dozen heads of nice White Celery that is quite clean, and two Onions sliced; put in a two-quart Stew-pan, with a small lump of Butter; sweat them over a slow fire till quite tender, then put in two spoonsful of flour, half a pint of water (or Beef or Veal Broth), salt and pepper, and a little cream or milk; boil it a quarter of an hour, and pass through a fine hair-sieve with the back of a spoon.

If you wish for Celery sauce, when Celery is not in season, a quarter of a drachm of *Celery-seed*, or a little Essence of Celery (No. 353), will impregnate half a pint of sauce with a sufficient portion of the flavour of the Vegetable.

Onion Sauce—(No. 264).

Those who like the full flavour of Onions only cut off the strings and tops (without peeling off any of the skins), put them into salt and water, and let them lie an hour; then wash them, put them into a kettle with plenty of water, and boil them till they are tender: now skin them, pass them through a colander, and mix a little melted Butter with them.

N.B. Some mix the pulp of Apples, or Turnips, with the Onions,—others add Mustard to them.

Sage and Onion, or Goose-stuffing Sauce—(No. 267).

Chop very fine an ounce of Onion and half an ounce of green Sage leaves, put them into a stew-pan with four spoonsful of water, simmer gently for ten minutes, then put in a tea-spoonful of pepper and salt, and one ounce of fine bread-crumbs; mix well together;—then pour to it
* a quarter of a pint of (Broth, or Gravy, or) Melted Butter, stir well together, and simmer it a few minutes longer.

Obs.—This is a very relishing Sauce for Roast Pork,
* * Poultry, Geese, or Ducks; or Green Pease on *Maigre Days*.

Brown Onion Sauces, or Onion Gravy—(No. 266).

Peel and slice the Onions (some put in an equal quantity of Cucumber or Celery) into a quart stew-pan, with an ounce of Butter; set it on a slow fire, and turn the Onion about till it is very lightly browned; now gradually stir in half an ounce of Flour; add a little broth, and a little pepper and salt, boil up for a few minutes, add a table-spoonful of Claret, or Port Wine, and same of Mushroom Catchup,—(you may sharpen it with a little Lemon-Juice or Vinegar,)—and rub it through a tamis or fine sieve.

Curry Powder (No. 299) will convert this into excellent Curry Sauce.

N.B. If this Sauce is for Steaks, shred an ounce of Onions, fry them a nice brown, and put them to the sauce you have rubbed through a tamis;—or some *very small*

round young silver Button Onions (see No. 263), peeled and boiled tender, and put in whole when your sauce is done, will be an acceptable addition.

Obs.—If you have no Broth, put in half a pint of water, and see No. 227;—just before you give it the last boil up, add to it another table-spoonful of Mushroom Catchup, or the same quantity of Port Wine or good Ale.

The flavour of this Sauce may be varied by adding Tarragon or Burnet Vinegar (Nos. 335 and 339).

Curry Powder—(No. 383).

Put the following ingredients in a cool oven all night—and the next morning pound them in a marble mortar, and rub them through a fine sieve.

	d.
Coriander-Seed, three ounces	3
Turmeric, three ounces	6
Black Pepper, Mustard, and Ginger, one ounce of each	8
Allspice and Lesser Cardamoms, half an ounce of each	5
Cumin Seed, a quarter of an ounce	1

Thoroughly pound and mix together, and keep them in a well-stopped bottle.

Those who are fond of Curry Sauces, may steep three ounces of the powder in a quart of Vinegar or White Wine for ten days, and will get a liquor impregnated with all the flavour of the Powder.

Obs.—This receipt was an attempt to imitate some of the Best *Indian Curry Powder*, selected for me by a friend at the India House:—the flavour approximates to the Indian Powder so exactly, the most profound Palaticians have pronounced it a perfect copy of the original *Curry Stuff*.

The following remark was sent to the Editor by an East Indian friend.

"The ingredients which you have selected to form the CURRY POWDER, are the same as are used in India, with this difference only, that some of them are in a raw green

state, and are mashed together, and afterwards dried, powdered, and sifted."—For *Curry Sauce*, see No. 299.

N.B. Chickens, — Rabbits, — Sweetbreads, — Breasts of Veal, — Veal Cutlets, — Mutton, — Lamb, — or Pork Chops, — Lobster, — Turbot, — Soles, — Eels, — Oysters, &c. are dressed *Curry Fashion*.

Obs.—The common fault of Curry Powder is the too great proportion of *Cayenne* (to the milder Aromatics from which its agreeable flavour is derived), preventing a sufficient quantity of the Curry Powder being used.

Bechamel, *by English Cooks commonly called* White Sauce—(No. 307).

Cut in square pieces, half an inch thick, two pounds of lean Veal, half a pound of lean Ham, melt in a stew-pan two ounces of Butter; when melted let the whole simmer
* until it is ready to catch at the bottom (it requires great attention, as if it happen to catch at the bottom of the stew-pan, it will spoil the look of your *Sauce*), then add to it three table-spoonsful of flour; when well mixed, add to it three pints of broth or water, pour a little at a time, that the thickening be smooth, stir it until it boil, put the stew-pan on the corner of the stove to boil gently for two hours, season it with four cloves, one onion, twelve pepper-
* corns, a blade of mace, a few mushrooms, and a fagot made of parsley, a sprig of thyme, and a bay-leaf. Let the Sauce reduce to a quart, skim the fat off, and strain it through a tamis-cloth.

To make a Bechamel Sauce, add to a quart of the above, a pint of good cream, stir it until it is reduced to a good thickness; a few mushrooms give a good flavour to that Sauce; strain it through a tamis-cloth.

Obs.—The above was given us by a French Artist.

Lemon Sauce—(No. 243).

Pare a Lemon, and cut it into slices twice as thick as a half-crown piece; divide these into Dice, and put them
* into a quarter of a pint of Melted Butter, No. 229.

Obs.—Some Cooks mince a bit of the *Lemon-Peel* (pared very thin) *very fine*, and add it to the above.

Apple Sauce—(No. 269).

Pare and core three good-sized baking Apples, put them into a well-tinned pint sauce-pan, with two table-spoonsful of cold water; cover the sauce-pan close, and set it on a trivet over a slow fire a couple of hours before dinner,— some Apples will take a long time stewing,—others will be ready in a quarter of an hour:—when the Apples are done enough, pour off the water, let them stand a few minutes to get dry; then beat them up with a Fork, with a bit of Butter about as big as a Nutmeg, and a tea-spoonful of powdered Sugar.

N.B. Some add Lemon-peel, grated, or minced fine,—or boil a bit with the Apples. Some are fond of Apple Sauce with cold Pork—ask those you serve if they desire it.

Bread Sauce—(No. 281).

Put a small tea-cupful of Bread-Crumbs into a stew-pan, pour on it as much milk as it will soak up, and a little more; or, instead of the milk, take the Giblets, head, neck, and legs, &c. of the Poultry, &c. and stew them, and moisten the bread with this liquor; put it on the fire with a middling-sized Onion, and a dozen berries of Pepper or Allspice, or a little Mace; let it boil, then stir it well, and let it simmer till it is quite stiff, and then put to it about two table-spoonsful of Cream or melted Butter, or a little good Broth; take out the Onion and Pepper, and it is ready.

Obs.—This is an excellent accompaniment to Game and Poultry, &c., and a good vehicle for receiving various flavours from the Magazine of Taste

Rice Sauce—(No. 282).

Steep a quarter of a pound of Rice in a pint of milk, with Onion, Pepper, &c. as in the last Receipt; when the rice is quite tender (take out the spice), rub it through a

sieve into a clean stew-pan: if too thick, put a little milk or cream to it.

Obs.—This is a very delicate White sauce;—and at elegant tables is frequently served instead of Bread Sauce.

SAUCE *for* STEAKS, *or* CHOPS, CUTLETS, *&c.*—(No. 303).

Take your Chops out of the Frying-Pan;—for a pound of meat keep a table-spoonful of the Fat in the Pan, or put in about an ounce of Butter,—put to it as much flour as will make it a paste; rub it well together over the fire till they are a little brown,—then add as much boiling water as will reduce it to the thickness of good cream, and a table-spoonful of Mushroom or Walnut Catchup, or Pickle, or Browning (No. 283); let it boil together a few minutes, and pour it through a sieve to the Steaks, &c.

Obs.—To the above is sometimes added a sliced Onion, or a minced Eschalot, with a table-spoonful of Port wine, or a little Eschalot wine (Nos. 343, 367, or 134). Garnish with finely scraped Horseradish, or pickled Walnuts, Gherkins, &c. Some *Beef Eaters* like chopped Eschalots in one Saucer, and Horseradish grated in Vinegar, in another. Broiled Mushrooms are favourite relishes to Beef-Steaks.

* WOW WOW *Sauce for Stewed or Bouilli Beef*—(No. 286).

Chop some Parsley-leaves very finely, quarter two or three pickled *Cucumbers*, or Walnuts, and divide them into small squares, and set them by ready;—put into a sauce-pan a bit of Butter as big as an egg; when it is melted, stir to it a table-spoonful of fine Flour, and about half a pint of the Broth in which the Beef was boiled; add a table-spoonful of Vinegar, the like quantity of Mushroom Catchup, or Port Wine, or both, and a tea-spoonful of made Mustard; let it simmer together till it is as thick as you wish it, put in the Parsley and Pickles to get warm, and pour it over the Beef,—or rather send it up in a Sauce-tureen.

Obs.—If you think the above not sufficiently *piquante*, add to it some Capers, or a minced Eschalot, or one or two tea-spoonsful of Eschalot Wine (No. 343),—or Essence of Anchovy,—or Basil (No. 336),—Elder, or Tarragon (No. 335), or Horseradish (No. 340), or Burnet Vinegar; or strew over the Meat Carrots and Turnips cut into dice,—minced Capers,—Walnuts,—Red Cabbage,—pickled Cucumbers,—or French Beans, &c.

Mustard in a Minute—(No. 310).

Mix very gradually, and rub together in a mortar, an ounce of flour of Mustard, with three table-spoonsful of Milk (cream is better), half a tea-spoonful of Salt, and the same of sugar, rub them well together till quite smooth.

Obs.—Mustard made in this manner is not at all bitter, and is therefore instantly ready for the table.

N.B. It has been said that Flour of Mustard is sometimes adulterated with common flour, &c. &c.

The MUSTARD *sold at* APOTHECARIES' HALL is excellent, where may also be had all sorts of PEPPERS, SPICES, &c. of the best quality, and very finely powdered.

MUSTARD—(No. 311).

Mix (by degrees, by rubbing together in a mortar) the best Durham flour of Mustard, with vinegar—white wine—or cold water, in which scraped Horseradish has been boiled; *rub it well together for at least Ten minutes, till it is perfectly smooth*; it will keep in a stone jar closely stopped, for a fortnight;—*only put as much into the Mustard-pot as will be used in a day or two.*

THE READY-MADE MUSTARD prepared at the oil-shops is mixed with about one-fourth part salt: this is done to preserve it, if it is to be kept long; otherwise, by all means omit it.—The best way of eating Salt is in substance.

Obs.—MUSTARD is the best of all the stimulants that are employed to give energy to the Digestive organs.—It was in high favour with our Forefathers; in the *Northumberland Household Book* for 1512, p. 18, is an order for an annual supply of 160 gallons of Mustard.

Some opulent Epicures mix it with Sherry or Madeira wine, or distilled or flavoured Vinegar, instead of Horse-radish water.

The French flavour their Mustard with Champagne and other Wines,—or with *Vinegar* flavoured with Capers,—
* Anchovies,—Tarragon,—Elder,—Basil,—Burnet,—Garlic,—Eschalot,—or Celery,—see Nos. 334 to 343:—warming it with Cayenne, or the various Spices;—Sweet,—Savoury,—fine Herbs,—Truffles,—Catchup, &c. &c., and seem to consider Mustard merely as a vehicle of flavours.

N.B. In Mons. Maille et Aclocque's catalogue of Parisian "*Bons Bons*," there is a list of twenty-eight differently flavoured Mustards.

THE

COOK'S ORACLE.

MADE DISHES, &c.

Mrs. PHILLIPS's *Irish Stew*—(No. 403).

Take five thick Mutton Chops, or two pounds off the neck or loin; two pounds of Potatoes,—peel them, and cut them in halves; six Onions, or half a pound of onions,—peel and slice them also: first put a layer of Potatoes at the bottom of your stew-pan, then a couple of Chops and some of the Onions; then again potatoes, and so on, till the pan is *quite* full; a small spoonful of white pepper, and about one and a half of salt, and three gills of broth or gravy, and two tea-spoonsful of Mushroom Catchup, cover all very close in, so as to prevent the steam from getting out, and let them stew for an hour and a half on a very slow fire. A small slice of ham is a great addition to this dish. The Cook will be the best judge *when* it is done, as a great deal depends on the fire you have.

N.B. Great care must be taken not to let it burn, and that it does not do too fast.

To make an Irish Stew, or HUNTER's PIE—(No. 404).

Take part of a Neck of Mutton, cut it into chops, season it well, put it into a stew-pan, let it brase for half an hour, take two dozen of potatoes, boil them, mash them, and season them, butter your mould, and line it with the potatoes, put in the Mutton, bake it for half an hour, then it will be done, cut a hole in the top, and add some good gravy to it.

N.B. The above is the contribution of Mr. Morrison, of the Leinster Hotel, Dublin.

A good Scotch Haggis—(No. 405).

Make the haggis-bag perfectly clean; parboil the draught; boil the liver very well, so as it will grate; dry the meal before the fire; mince the draught and a pretty large piece of beef very small; grate about half of the liver; mince plenty of the suet and some onions small; mix all these materials very well together, with a handful or two of the dried meal; spread them on the table, and season them properly with salt and mixed spices; take any of the scraps of beef that are left from mincing, and some of the water that boiled the draught, and make about a choppin (*i. e.* a quart) of good stock of it; then put all the haggis meat into the bag, and that broth in it; then sew up the bag: but be sure to put out all the wind before you sew it quite close. If you think the bag is thin, you may put it in a cloth. If it is a large haggis, it will take at least two hours boiling.

N.B. The above we copied *verbatim* from Mrs. MACIVER, *a celebrated Caledonian Professor of the Culinary Art, who taught, and published a Book of Cookery, at Edinburgh*, A.D. 1787.

*Chops or Steaks**—(No. 93).

To STEW them, see No. 416,—ditto with Onions, No. 417.

Those who are nice about Steaks, *never attempt to have them, except in weather which permits the meat to be hung till it is tender*—and give the Butcher some days' notice of their wish for them.

If, friendly Reader, you wish to entertain your Mouth with *a Superlative Beef-Steak*, you must have the inside of the Sirloin cut into Steaks. The next best Steaks are those cut from the middle of a Rump, that has been killed at least four days in moderate weather,—much longer in cold weather,—when they can be cut about six inches long, four inches wide, and half an inch thick: *do not*

* The season for these is from the 29th of *September* to the 25th of *March*; to ensure their being tender when out of season, STEW THEM as in Receipt No. 416.

beat them, which vulgar trick breaks the cells in which the Gravy of the meat is contained, and it becomes dry and tasteless.

N.B. *If your Butcher sends Steaks which are not Tender*, we do not insist that you *should* object to let *him* be Beaten.

Desire the Butcher to *cut them of even thickness;* if he does not, divide the thicker from the thinner pieces, and give them time accordingly.

Take care to have a very clear brisk fire, throw a little salt on it, make the Gridiron hot, and set it slanting, to prevent the fat from dropping into the fire, and making a smoke. It requires more practice and care than is generally supposed to do Steaks to a nicety; and for want of these little attentions, this very common dish, which every body is supposed capable of dressing, seldom comes to table in perfection.

Ask those you Cook for, if they like it *under*, or *thoroughly* done; and what accompaniments they like best;—it is usual to put a table-spoonful of Catchup (No. 375), or a little minced Eschalot, or No. 343. into a dish before the fire, while you are broiling: turn the Steak, &c. with a pair of Steak-tongs,—it will be done in about ten or fifteen minutes; rub a bit of butter over it, and send it up garnished with Pickles and finely scraped Horse-radish. Nos. 134, 246, 266, 343, 367, 375, and 303, are the Sauces usually composed for Chops and Steaks.

N.B. MACBETH's Receipt for Beef-Steaks is the best—

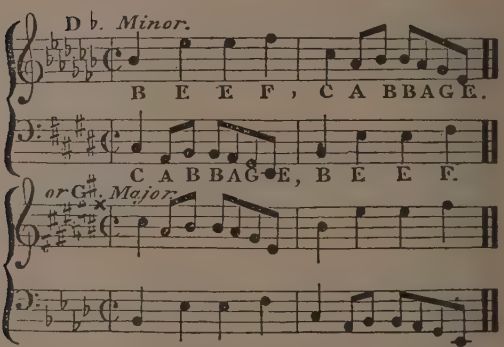
> ——"*when 'tis done, 'twere well*
> *If 'twere done quickly.*"

Obs.—"*Le Véritable* BIFTECK, *comme il se fait en Angleterre*," as Mons. Beauvilliers calls (in his *l'Art du Cuisinier*, tom. i. 8vo. Paris, 1814, p. 122) what HE says, We call "*Romesteck*,"—is as highly esteemed by our French neighbours, as their "*Ragoûts*" are by our Countrymen, who

> ——— "post to Paris go,
> Merely to taste their Soups, and Mushrooms know."
> KING'S *Art of Cookery*, p. 79.

Bubble and Squeak, or fried Beef or Mutton and Cabbage—(No. 424).

"When 'midst the frying Pan, in accents savage,
The Beef, so surly, quarrels with the Cabbage."



For this, as for a Hash, select those parts of the joint that have been least done:—it is generally made with slices of cold boiled salted Beef, sprinkled with a little Pepper, and just lightly browned with a bit of Butter in a frying-pan: *if it is fried too much it will be hard.*

Boil a Cabbage, squeeze it quite dry, and chop it small; take the Beef out of the frying-pan, and lay the Cabbage in it; sprinkle a little pepper and salt over it; keep the pan moving over the fire for a few minutes; lay the Cabbage in the middle of a dish, and the Meat round it.

Potted Ham, or Tongue—(No. 428).

Cut a pound of the lean of cold boiled Ham or Tongue, and pound it in a mortar with a quarter of a pound of the fat, or with fresh butter (in the proportion of about two ounces to a pound), till it is a fine paste (some season it by degrees with a little pounded mace or allspice); put it close down in pots for that purpose, and cover it with Clarified Butter, No. 231, a quarter of an inch thick; let it stand one night in a cool place. Send it up in the pot, or cut out in thin slices.

Home-made Sausages—(No. 87).

Take a pound of lean Beef, and half a pound of Suet, clean from the skin,—chop it fine as for mince collop, then beat it well with a roller, or in a marble mortar, till it is all well mixed and will stick together—season highly with Zest, if you have it, and salt, or any mixed spices you please,—make it into flat round cakes, about an inch thick, and shaped with a cup or saucer, and fry them a light brown. They should be served up on boiled rice, as for Curry: if for company, you may do them with egg and bread crumbs; but they are quite as good without.

Potted Prawns, Shrimps, or Cray-fish—(No. 174).

Boil them in water with plenty of Salt in it. When you have picked them, powder them with a little beaten mace, or grated nutmeg, or allspice, and pepper and salt; add a little cold butter, and pound all well together in a marble mortar till of the consistence of paste. Put it into pots covered with clarified butter, and cover them over with wetted bladder.

Salad Mixture—(No. 313).
See also Nos. 137 and 382.

Endeavour to have your Salad Herbs as fresh as possible; if you suspect they are not "*morning gathered*," they will be much refreshed by lying an hour or two in spring-water; then carefully wash and pick them, and trim off all the worm-eaten, slimy, cankered, dry leaves; and, after washing, let them remain a while in the colander to drain; lastly, swing them gently in a clean napkin;—when properly picked and cut, arrange them in the Salad Dish,—mix the Sauce in a Soup plate, and put it into an Ingredient Bottle,* or pour it down the side of the Salad Dish,—and don't stir it up till the mouths are ready for it.

* These are sold at the Glass-shops under the name of Incorporators,—we recommend the sauce to be mixed in these, and the Company can then take it or leave it, as they like.

If the Herbs be young,—fresh gathered,—trimmed neatly, and drained dry,—and the Sauce-maker ponders patiently over the following directions,—he cannot fail obtaining the fame of being a very accomplished Salad-dresser.

Boil a couple of Eggs for twelve minutes, and put them in a basin of cold water for a few minutes,—*the Yolks must be quite cold and hard, or they will not incorporate with the ingredients.* Rub them through a sieve with a wooden spoon, and mix them with a table-spoonful of
* Water, or fine double Cream, then add two table-spoonsful of Oil or melted Butter; when these are well mixed, add, by degrees, a tea-spoonful of Salt, or powdered lump Sugar, and the same of made Mustard; when these are smoothly united, add very gradually three table-spoonsful of Vinegar, rub it with the other ingredients till thoroughly incorporated with them; cut up the white of the egg, and garnish the top of the salad with it. Let the Sauce remain at the bottom of the Bowl, and do not stir up the Salad till it is to be eaten;—we recommend the eaters to be mindful of the duty of mastication,—without the due performance of which, all undressed Vegetables are troublesome company for the principal viscera, and some are even dangerously indigestible.

Boiled Salad—(No. 314).

This is best compounded of boiled or baked Onions (if Portugal the better), some baked Beet-root, Cauliflower, or Broccoli, and boiled Celery and French Beans, or any of these articles, with the common Salad dressing; added to this, to give it an enticing appearance, and to give some of the crispness and freshness so pleasant in salad, a small quantity of raw Endive, or Lettuce and Chervil, or
* Burnet, strewed on the top: this is by far more wholesome than the Raw Salad, and is much eaten when put on the table.

N.B. The above Sauce is equally good with cold Meat,—cold Fish,—or for Cucumbers,—Celery,—Radishes, &c. (and all the other Vegetables that are sent to table un-

dressed); to the above, a little minced Onion is generally an acceptable addition.

Obs.—Salad is a very compound dish with our neighbours the French, who always add to the mixture above, Black Pepper, and sometimes Savoury Spice.

The Italians mince the white meat of Chickens into this sauce.

The Dutch, cold boiled Turbot, or Lobster; or add to it a spoonful of grated Parmesan or old Cheshire cheese, or mince very fine a little Tarragon,—or Chervil,—Burnet,—or young Onion,—Celery—or pickled Gherkins, &c.

Joan Cromweel's *Grand Salad* was composed of equal parts of Almonds, Raisins, Capers, Pickled Cucumbers, Shrimps, and boiled Turnips.

THE

COOK'S ORACLE.

ROASTING.

N.B.—*If the time we have allowed for Roasting appears rather longer than what is stated in former works, we can only say, we have written from actual Experiments,—and that the difference may be accounted for, by common Cooks generally being fond of too fierce a fire, and of putting things too near to it.*

Our calculations are made for a Temperature of about 50 degrees of Fahrenheit.

SLOW ROASTING *is as advantageous to the tenderness and flavour of Meat as Slow Boiling, of which every body understands the importance. See the account of Count Rumford's Shoulder of Mutton.*

The Warmer the weather, and the staler killed the Meat is—the less time it will require to roast it.

Meat that is very Fat—requires more time than we have stated.

BEEF *is in proper season throughout the whole year.* MEM.—*As Butchers generally calculate upon its being a* Sunday's Dinner, *you can seldom depend upon its being tender on any other day.*

Sir-Loin of Beef.—(No. 21.)

THE Noble SIR-LOIN* of about fifteen pounds, (if much thicker, the outside will be done too much before the inside is enough), will require to be before the fire about

* This Joint is said to owe its *name* to King Charles the Second, who dining upon a Loin of Beef, and being particularly pleased with it, asked the name of the Joint; said for its merit it should be *knighted*, and henceforth called *Sir-Loin*.

"Our second Charles, of fame facete,
On Loin of Beef did dine;
He held his sword, pleas'd, o'er the meat,
'Arise thou famed *Sir-Loin*.'"
Ballad of the New Sir John Barleycorn

three and a half or four hours; take care to spit it evenly, that it may not be heavier on one side than the other;—put a little clean Dripping into the dripping-pan, (tie a sheet of paper over it to *preserve the Fat*,*) baste it well as soon as it is put down, and every quarter of an hour all the time it is roasting, till the last half hour; then take off the paper, and make some Gravy for it (No. 284): stir the fire and make it clear; *to Brown and Froth it*, sprinkle a little salt over it, baste it with butter, and dredge it with

The ballad of "The Gates of Calais" calls it

"Renowned *Sir*-Loin, oftimes decreed
The theme of English Ballad;
On thee our Kings oft deign to feed,
Unknown to Frenchmen's palate;
Then how much doth thy taste exceed
Soup-meagre, frogs, and salad!"

* "In the present *fashion* of FATTENING CATTLE, it is more desirable to roast away the Fat than to preserve it. If the honourable Societies of Agriculturists, at the time they consulted a learned Professor about the composition of Manures, had consulted some competent authority on the nature of Animal Substances, the Public might have escaped the over-grown corpulency of the Animal flesh, which every where fills the markets."—*Domestic Management*, 12mo, 1813, p. 182.

"Game, and other wild animals proper for food, are of very superior qualities to the tame—from the total contrast of the circumstances attending them. They have a free range of exercise in the open air, and choose their own food, the good effects of which are very evident in a short delicate texture of flesh, found only in them. Their juices and flavour are more pure, and their *Fat*, when it is in any degree, as in Venison, and some other instances, differs as much from that of our *fatted* Animals, as Silver and Gold from the grosser metals. The superiority of WELCH MUTTON and SCOTCH BEEF is owing to a similar cause."—*Ibid*, p. 150.

If there is more FAT than you think will be eaten with the meat, cut it off, it will make an excellent PUDDING (No. 516); or clarify it, (see No. 83,) and use it for Frying:—for those who like their meat done thoroughly, and use a moderate fire for roasting, the Fat need not be covered with paper.

If your Beef is large, and your family small,—cut off the thin end and salt it,—and cut out and dress the fillet (*i. e.* commonly called the inside) next day as MOCK HARE (No. 67): thus you get *Three good hot Dinners*. See also No. 397. For SAUCE *for Cold Beef*, see No. 304, Cucumber Vinegar, No. 339, and Horseradish Vinegar, Nos. 340 and 386.

flour; let it go a few minutes longer, till the froth rises, take it up, put it on the dish, &c.

Garnish it with Hillocks of HORSERADISH *scraped as fine as possible with a very sharp knife*, (see Nos. 386 and 339). A Yorkshire pudding is an excellent accompaniment (Nos. 529 or 516).

Ribs of Beef.—(No. 22.)

The FIRST THREE RIBS, of fifteen or twenty pounds, will take three hours, or three and a half: THE FOURTH AND FIFTH RIBS will take as long, managed in the same way as the Sir-Loin.—Paper the Fat, and the thin part, or it will be done too much, before the thick part is done enough.

N.B. A *Pig-iron* placed before it on the bars of the grate answers every purpose of keeping the thin part from being too much done.

Obs.—Many persons prefer *the Ribs* to the *Sir-Loin.*

Ribs of Beef boned and rolled.—(No. 23.)

When you have kept two or three ribs of beef till quite tender,—take out the bones, and skewer it as round as possible (like a fillet of veal):—before they roll it, some Cooks Egg it, and sprinkle it with veal stuffing (No. 317). As the meat is more in a solid mass, it will require more time at the fire than in the preceding receipt; a piece of ten or twelve pounds' weight will not be well and thoroughly roasted in less than four and a half or five hours.

For the first half hour, it should not be less than twelve inches from the fire, that it may get gradually warm to the centre:—the last half hour before it will be finished, sprinkle a little salt over it; and if you wish to froth it, flour it, &c.

THE

COOK'S ORACLE.

OBSERVATIONS ON PUDDINGS AND PIES—(No. 468).

"Let us seriously reflect what a pudding is composed of. It is composed of flour, that once waved in the golden grain, and drank the dews of the morning; of milk pressed from the swelling udder by the gentle hand of the beauteous milk-maid, whose beauty and innocence might have recommended a worse draught; who while she stroked the udder, indulged in no ambitious thoughts of wandering in palaces, formed no plans for the destruction of her fellow-creatures—milk that is drawn from the cow, that useful animal that eats the grass of the field and supplies us with that which made the greatest part of the food of mankind in the age which the poets have agreed to call golden. It is made with an egg, that miracle of nature, which the theoretical Burnet has compared to Creation. An egg contains water within its beautiful smooth surface; and an unformed mass, by the incubation of the parent, becomes a regular animal, furnished with bones and sinews, and covered with feathers. Let us consider—Can there be more wanting to complete the Meditation on a Pudding? If more be wanting more can be found—It contains salt, which keeps the sea from putrefaction—salt, which is made the image of intellectual excellence, contributes to the formation of a Pudding."—BOSWELL'S *Journal of a Tour to the Hebrides with Dr. Johnson.* 8vo. 1785, p. 440.

The quality of the various Articles employed in the composition of Puddings and Pies varies so much, that two puddings, made exactly according to the same receipt,

will be so different * one would hardly suppose they were made by the same person,—and certainly not with precisely the same quantities of the (apparently) same Ingredients. Flour fresh ground — pure New Milk — Fresh-laid Eggs — Fresh Butter — Fresh Suet, &c. will make a very different composition, than when kept till each article is half spoiled.

Plum Puddings, when boiled, if hung up in a cool place in the cloth they are boiled in, *will keep good some months;* when wanted, take them out of the cloth, and put them into a clean cloth, and as soon as warmed through — they are ready.

MEM. — In composing these Receipts, the quantities of EGGS, BUTTER, &c. are considerably less than are ordered in other Cookery Books; but quite sufficient for the purpose of making the puddings light and wholesome,— we have diminished the Expense, without impoverishing the preparations; and the Rational Epicure will be as well pleased with them—as the Rational Economist.

Puff Paste—(No. 469).

To a pound and a quarter of sifted Flour rub gently in with the hand half a pound of Fresh Butter; mix up with half a pint of Spring-water; knead it well, and set it by for a quarter of an hour; then roll it out thin, lay on it, in small pieces, three quarters of a pound more of Butter, throw on it a little Flour, double it up in folds, and roll it out thin three times, and set it by for about an hour *in a cold place.*

RAISED PIES—(No. 472).

Put two pounds and a half of Flour on the Paste-board,—and put on the fire, in a sauce-pan, three quarters of a pint of Water, and half a pound of good Lard;— when the water boils, make a hole in the middle of the flour, pour in the water and lard by degrees, gently mix-

* An old Gentlewoman, who lived almost entirely on Puddings, told us it was a long time before she could get them made uniformly

ing the flour with it with a Spoon, and when it is well mixed, then knead it with your hands till it becomes stiff; dredge a little Flour to prevent its sticking to the board, or you cannot make it look smooth:—do not roll it with the Rolling-pin,—but roll it with your hands, about the thickness of a quart pot; cut it into six pieces, leaving a little for the covers,—put one hand in the middle, and keep the other close on the outside till you have worked it either in an oval or a round shape:—have your meat ready cut, and seasoned with Pepper and Salt:—if Pork, cut it in small slices; the Griskin is the best for pasties:— * if you use Mutton, cut it in very neat cutlets, and put them in the Pies as you make them; roll out the covers with the Rolling-pin just the size of the pie, wet it round the edge, put it on the pie, and press it together with your thumb and finger, and then cut it all round with a pair of scissors quite even, and pinch them inside and out, and bake them an hour and a half.

Rump-Steak Pie—(No. 477).

Cut three pounds of Rump-Steak (that has been kept till tender) into pieces half as big as your hand, trim off all the skin, sinews, and every part which has not indisputable pretensions to be eaten, and beat them with a chopper. Chop very fine half a dozen Eschalots, and add them to half an ounce of pepper and salt mixed, strew some of the mixture at the bottom of the dish, then a layer of Steak, then some more of the mixture, and so on till the dish is full; add half a gill of Mushroom Catchup, and the same quantity of Gravy, or Red Wine; cover it as in the preceding receipt, and bake it two hours.

N.B. Large Oysters, parboiled, bearded, and laid alternately with the Steaks,—their liquor reduced and substituted instead of the Catchup and Wine, will be a variety.

Raised Pork Pie—(No. 487).

Make a raised crust, of a good size, with paste (as directed in No. 472), about four inches high,—take the rind and Chine Bone from a Loin of Pork, cut it into * chops, beat them with a chopper, season them with pepper

and salt, and fill your Pie; put on the top and close it, and pinch it round the edge, rub it over with yolk of egg, and bake it two hours with a paper over it, to prevent the crust from burning. When done, pour in some good Gravy, with a little ready-mixed Mustard (if approved).

N.B. As the above is generally eaten cold, it is an excellent repast for a journey, and will keep for several days.

Apple Pie—(No. 499).

Take eight Russetings, or Lemon Pippin Apples,—pare, core, and cut not smaller than quarters; place them as close as possible together into a pie-dish, with four Cloves; rub together in a mortar some Lemon-Peel, with four ounces of good Moist Sugar, and, if agreeable, add some Quince Jam,—cover it with Puff Paste,—bake it an hour and a quarter. (Generally eaten warm.)

Mince Pies—(No. 508).

Sheet with Tart Paste (No. 471) half a dozen of tin pans of any size you please—fill them with Mince Meat (No. 509), and cover with Puff Paste, a quarter of an inch thick,—trim round the edges with a knife, make an aperture at the top with a fork, bake them in a moderate-heated oven, and send them to table hot, first removing the tin.

N.B. Some throw a little sifted loaf sugar over.

Mince Meat—(No. 509).

Two pounds of Beef Suet, picked and chopped fine; two pounds of Apple, pared, cored, and minced; three pounds of Currants, washed and picked; one pound of Raisins, stoned and chopped fine; one pound of good Moist Sugar; half a pound of Citron, cut into thin slices; one pound of Candied Lemon and Orange-Peel, cut as ditto; two pounds of ready-dressed Roast Beef, free from skin and gristle, and chopped fine; two Nutmegs, grated; one ounce of Salt; one of ground Ginger; half an ounce of Coriander Seeds; half an ounce of Allspice; half an ounce of Cloves; all ground fine: the juice of six Lemons,

and their rinds grated; half a pint of Brandy, and a pint of sweet Wine. Mix the Suet, Apple, Currants, Meat, Plums, and Sweetmeats, well together in a large pan, and strew in the Spice by degrees: mix the Sugar, Lemon-Juice, Wine, and Brandy, and pour it to the other ingredients, and stir it well together—set it by in close-covered pans in a cold place: when wanted, stir it up from the bottom, and add half a glass of Brandy to the quantity you require.

N.B. The same weight of Tripe is frequently substituted for the Meat, and sometimes the yolks of Eggs boiled hard.

Obs.—The lean side of a Buttock, thoroughly roasted, is generally chosen for Mince Meat.

Plum Pudding—(No. 515).

Suet, chopped fine, six ounces.
Malaga raisins, stoned, six ounces.
Currants, nicely washed and picked, eight ounces.
Bread-crumbs, three ounces.
Flour, three ounces.
Eggs, three.
Sixth of a nutmeg.
Small blade of mace, same quantity of cinnamon, pounded as fine as possible.
Half a tea-spoonful of salt.
Half a pint of milk, or rather less.
Sugar four ounces: to which may be added
Candied lemon, one ounce.
Citron, half an ounce.

Beat the eggs and spice well together; mix the milk with them by degrees, then the rest of the ingredients; dip a fine close linen cloth into boiling water, and put it in a hair-sieve; flour it a little, and tie it up close; put it into a sauce-pan containing six quarts of boiling water: keep a kettle of boiling water along-side of it, and fill up your pot as it wastes; be sure to keep it boiling six hours at least.

Plum Pudding—(No. 515*),

(*Another Way*),

Combining richness of Flavour with Economy.

One Pound of Beef Suet, } To weigh 1lb. after
One Pound of Sun Raisins (stoned) } prepared.
Four *Table*-spoonsful of Flour.
One *Tea*-spoonful of Salt.
Six Ounces of Loaf Sugar, pounded.
Half a moderate-sized Nutmeg, grated.
Five Eggs, yolks and whites, and no other liquid.
Flour the Cloth well and boil it Six hours.

N.B. There should not be the smallest deviation from the above proportions.

Boston Apple Pudding—(No. 520).

Peel one dozen and a half of good Apples; take out the cores,—cut them small,—put into a stew-pan that will just hold them, with a little water, a little cinnamon, two cloves, and the peel of a lemon; stew over a slow fire
* till quite soft, then sweeten with moist sugar, and pass it
* through a hair-sieve; add to it the yolks of four eggs and one white, a quarter of a pound of good butter, half a nutmeg, the peel of a lemon grated, and the juice of one lemon: beat all well together; line the inside of a pie-dish with good puff paste; put in the pudding, and bake half an hour.

Nottingham Pudding—(No. 524).

Peel six good apples; take out the core with the point of a small knife, or an apple corer, if you have one,—but be sure to leave the apples whole; fill up where you took the core from with sugar; place them in a pie-dish, and pour over them a nice light batter, prepared as for Batter Pudding, and bake an hour in a moderate oven.

Bread Pudding—(No. 525).

Make a pint of Bread-crumbs; put them in a stew-pan with as much milk as will cover them, the peel of a lemon,

and a little nutmeg grated, a small piece of cinnamon: boil about ten minutes; sweeten with powdered loaf-sugar; take out the cinnamon, and put in four eggs; beat all well together, and bake half an hour, or boil rather more than an hour.

Bread and Butter Pudding—(No. 527).

You must have a dish that will hold a quart,—wash and pick two ounces of currants; strew a few at the bottom of the dish; cut about four layers of very thin Bread and Butter, and between each layer of Bread and Butter strew some currants; then break four eggs in a basin, leaving out one white; beat them well, and add four ounces of sugar and a drachm of nutmeg; stir it well together with a pint of new milk; pour it over about ten minutes before you put it in the oven,—it will take three quarters of an hour to bake.

Bread and Butter Pudding, another way—(No. 527*).

Take a dish that will hold a Quart, and well butter it; have a quarter of a pound of Currants, and strew some of them over the bottom of the dish; then cut *nine* pieces of of bread and butter, and make *three* layers of them, strewing Currants between each layer; beat *five* eggs, leaving out the whites of two, and mix them, and *half* a drachm of nutmeg, and the same quantity of Grated Lemon Peel, and *three* ounces of Moist Sugar, in a Pint of New Milk.

This mixture to be poured over it before it is put in the oven. It should be baked *one* hour. A glass of white wine is considered by some a great improvement.

Batter Pudding—(No. 528).

Take six ounces of fine flour, a little salt, and three eggs; beat up well with a little milk, added by degrees till the batter is quite smooth—make it the thickness of cream,—put into a buttered pie-dish, and bake three quarters of an hour, or into a buttered and floured

basin, tied over tight with a cloth—boil one hour and a half, or two hours.

Yorkshire Pudding under Roast Meat, the Gipsies' way—(No. 529).

This pudding is an especially excellent accompaniment to a Sir-loin of Beef,—Loin of Veal,—or any fat and juicy joint.

Six table-spoonsful of flour, three eggs, a tea-spoonful of salt, and a pint of milk—so as to make a middling stiff batter, a little stiffer than you would for pancakes; beat it up well, and take care it is not lumpy; put a dish under the meat, and let the drippings drop into it till it is quite hot and well greased; then pour in the batter;—when the upper surface is brown and set, turn it that both sides may be brown alike; if you wish it to cut firm, and the pudding an inch thick, it will take two hours at a good fire.

N.B. *The true Yorkshire Pudding* is about half an inch thick when done; but it is the fashion in London to make them full twice that thickness.

Rice Puddings Baked, or Boiled—(No. 536).

Wash in cold water and pick very clean six ounces of Rice, put it in a quart stew-pan three parts filled with cold water, set it on the fire, let it boil five minutes—pour away the water, and put in one quart of Milk, a roll of Lemon-Peel, and a bit of Cinnamon; let it boil gently till the Rice is quite tender: it will take at least one hour and a quarter; be careful to stir it every five minutes: take it off the fire, and stir in an ounce and a half of Fresh Butter, and beat up three Eggs on a plate, a salt-spoonful of Nutmeg, two ounces of Sugar; put it into the Pudding, and stir it till it is quite smooth—line a pie-dish big enough to hold it with Puff Paste, notch it round the edge, put in your Pudding, and bake it three quarters of an hour: this will be a nice firm Pudding.

If you like it to eat more like Custard, add one more Egg, and half a pint more milk; it will be better a little

thinner when boiled; one hour will boil it. If you like it in little Puddings, butter small tea-cups, and either bake or boil them — half an hour will do either: you may vary the Pudding by putting in Candied Lemon or Orange-Peel, minced very fine — or dried Cherries, — or three ounces of *Currants* — or *Raisins*, — or Apples minced fine.

If the Puddings are baked or boiled, serve them with White-Wine Sauce, or Butter and Sugar.

Macaroni Pudding — (No. 554).

One of the most elegant preparations of Macaroni is the *Timbale de Macaroni.* Simmer half a pound of Macaroni in plenty of water, and a table-spoonful of salt, till it is tender; but take care not to have it too soft; though tender, it should be firm, and the form entirely preserved, and no part beginning to melt, (this caution will serve for the preparation of all Macaroni). Strain the water from it — beat up five yolks and the white of two eggs — take half a pint of the best cream, and the breast of a fowl, and some thin slices of Ham. Mince the breast of the fowl with the Ham — add them with from two to three table-spoonsful of finely grated Parmesan Cheese, and season with Pepper and Salt. Mix all these with the Macaroni, and put into a pudding-mould well buttered, and then let it steam in a stew-pan of boiling water for about an hour, and serve quite hot, with rich gravy (as in Omelette). See No. 543.

Obs. — This, we have been informed, is considered by a *Grand Gourmand* as the most important recipe which was added to the collection of his Cook during a gastronomic tour through Europe; it is not an uncommon mode of preparing Macaroni on the continent.

THE

COOK'S ORACLE.

BLANCMANGES AND CUSTARDS.

Rice Blancmange—(No. 564).

Put a tea-cupful of whole Rice into the least water possible, till it almost bursts; then add half a pint of good Milk or thin Cream, and boil it till it is quite a mash, stirring it the whole time it is on the fire, that it may not burn; dip a shape in cold water, and do not dry it, put in the rice, and let it stand until quite cold, when it will come easily out of the shape. This dish is much approved of; it is eaten with cream or custard, and preserved fruits — raspberries are best. It should be made the day before it is wanted, that it may get firm.

Baked Custard—(No. 576).

Boil in a pint of Milk a few Coriander Seeds, a little Cinnamon and Lemon-Peel, sweeten with four ounces of Loaf Sugar, and mix with it a pint of cold Milk, beat well eight Eggs for ten minutes, and add the other ingredients, pour it from one pan into another six or eight times, strain it through a sieve, let it stand some time, skim off the froth from the top, fill it in earthen cups, and bake them immediately in a hot oven, to give them a good colour; about ten minutes will do them.

THE

COOK'S ORACLE.

BREAD AND CAKES.

BREAD—(No. 579).

PUT a quartern of Flour into a large Basin, with two tea-spoonsful of Salt,—make a hole in the middle,—then put in a Basin four table-spoonsful of good Yeast; stir in a pint of Milk lukewarm; put it in the hole of the Flour; stir it just to make it of a thin Batter; then strew a little Flour over the top,—then set it on one side of the fire, and cover it over; let it stand till the next morning,—then make it into dough;—add half a pint more of warm milk; knead it for ten minutes, and then set it in a warm place by the fire for one hour and a half,—then knead it again, and it is ready either for Loaves or Bricks:—bake them from one hour and a half to two hours, according to the size.

SALLY LUNN.—*Tea Cakes*—(No. 581).

Take one pint of Milk quite warm, a quarter of a pint of thick Small-Beer Yeast: put them into a pan with Flour sufficient to make it as thick as Batter,—cover it over, and let it stand till it has risen as high as it will, *i. e.* about two hours: add two ounces of Lump Sugar, dissolved in a quarter of a pint of warm Milk,* a quarter of a pound of Butter rubbed into your Flour very fine,—then make your Dough the same as for French Rolls, &c.;—let it stand half an hour; then make up your Cakes, and put them on tins:—when they have stood to rise, bake them in a quick oven.

* If you do not mind the expense, the Cake will be much lighter, if, instead of the Milk, you put four Eggs.

Care should be taken never to put your Yeast to Water or Milk too hot, or too cold, as either extreme will destroy the fermentation. In Summer it should be lukewarm,—in Winter a little warmer,—and in very cold weather, warmer still. When it has first risen, if you are not prepared, it will not hurt to stand an hour.

Muffins—(No. 582).

Take one pint of Milk quite warm, and a quarter of a pint of thick Small-Beer Yeast,—strain them into a pan, and add sufficient Flour to make it like a Batter,—cover it over, and let it stand in a warm place until it has risen,—then add a quarter of a pint of warm Milk, and one ounce of Butter rubbed in some Flour quite fine,—mix them well together,—then add sufficient Flour to make it into Dough,—cover it over, and let it stand half an hour,—then work it up again, and break it into small pieces: roll them up quite round, and cover them over for a quarter of an hour;—then bake them.

Crumpets—(No. 583).

The same: instead of making the mixture into Dough, add only sufficient Flour to make a thick Batter,—and when it has stood a quarter of an hour it will be ready to bake.

Muffins and Crumpets bake best on a Stove with an Iron Plate fixed on the top; but they will also bake in a Frying-pan, taking care the fire is not too fierce, and turning them when lightly browned.

Common Seed Cake—(No. 590).

Sift two and a half pounds of Flour, with half a pound of good Lisbon or Loaf Sugar, pounded into a pan or bowl,—make a cavity in the centre, and pour in half a pint of lukewarm milk, and a table-spoonful of thick yeast,—mix the milk and yeast with enough flour to make it as thick as cream (this is called setting a sponge), set it by in a warm place for one hour,—in the meantime, melt to an oil half a pound of fresh Butter, and add it to the other

ingredients, with one ounce of Caraway-seeds, and enough of milk to make it of a middling stiffness; line a hoop with paper, well rubbed over with butter; put in the mixture; set it some time to prove in a stove, or before the fire, and bake it on a plate about an hour, in rather a hot oven,—when done, rub the top over with a paste-brush dipped in milk.

Rich Yeast Cake—(No. 591).

Set a sponge as in the foregoing Receipt, with the same proportions of Flour, Sugar, Milk, and Yeast,—when it has lain some time, mix it with three quarters of a pound of Butter oiled, one pound and a quarter of Currants, half a pound of candied Lemon and Orange-Peel cut fine, grated Nutmeg, ground Allspice and Cinnamon, a quarter of an ounce of each—case a hoop as stated No. 590, bake it in a good-heated oven one hour and a half.

N.B. It may be iced with No. 585, and ornamented as a Twelfth Cake.

Shrewsbury Cakes—(No. 594).

Rub well together one pound of pounded Sugar, one pound of fresh Butter, and one pound and a half of sifted Flour,—mix it into a paste, with half a gill of milk or cream, and one egg,—let it lie half an hour, roll it out thin, cut it out into small cakes with a tin cutter, about three inches over, and bake them on a clean baking-plate, in a moderate oven.

Banbury Cakes—(No. 595).

Set a sponge with two table-spoonsful of thick Yeast, a gill of warm Milk, and a pound of Flour,—when it has worked a little, mix with it half a pound of Currants, washed and picked, half a pound of candied Orange and Lemon-Peel cut small, one ounce of Spice, such as ground Cinnamon, Allspice, Ginger, and grated Nutmeg: mix the whole together with half a pound of Honey, roll out Puff Paste (No. 469) a quarter of an inch thick, cut it into rounds with a cutter, about four inches over, lay on each with a

spoon a small quantity of the mixture; close it round with the fingers in the form of an oval; place the join underneath; press it flat with the hand; sift sugar over it, and bake them on a plate a quarter of an hour, in a moderate oven, and of a light colour.

Orange Gingerbread—(No. 608).

Sift two pounds and a quarter of fine Flour, and add to it a pound and three quarters of Treacle, six ounces of Candied Orange-peel cut small, three quarters of a pound of Moist Sugar, one ounce of ground Ginger, and one ounce of Allspice:—melt to an Oil three quarters of a pound of Butter,—mix the whole well together, and lay it by for twelve hours,—roll it out with as little Flour as possible, about half an inch thick; cut it into pieces three inches long and two wide,—mark them in the form of checkers with the back of a knife; put them on a baking-plate about a quarter of an inch apart,—rub them over with a Brush dipped into the Yolk of an Egg beat up with a tea-cupful of Milk; bake it in a cool oven about a quarter of an hour;—when done, wash them slightly over again,—divide the pieces with a knife (as in baking they will run together).

Plain Buns—(No. 610).

To four pounds of sifted Flour put one pound of good Moist Sugar,—make a cavity in the centre, and stir in a gill of good Yeast, a pint of lukewarm Milk, with enough of the Flour to make it the thickness of cream,—cover it over, and let it lie two hours,—then melt to an oil (but not hot) one pound of Butter,—stir it into the other Ingredients, with enough warm Milk to make it a soft paste;—throw a little Flour over, and let them lie an hour,—have ready a baking-platter rubbed over with Butter,—mould with the hand the dough into buns, about the size of a large egg,—lay them in rows full three inches apart; set them in a warm place for half an hour, or till they have risen to double their size,—bake them in a hot oven of a good colour, and wash them over with a brush dipped into Milk when drawn from the oven.

Cross Buns—(No. 611).

To the above mixture put one ounce and a half of ground Allspice, Cinnamon, and Mace, mixed,—and, when half proved, press the form of a cross with a tin mould (made for the purpose) in the centre, and proceed as above.

Seed Buns—(No. 612).

Take two pounds of plain Bun Dough (No. 610), and mix in one ounce of Caraway Seeds,—butter the insides of small tart-pans,—mould the dough into buns, and put one in each pan,—set them to rise in a warm place, and when sufficiently proved, ice them with the White of an Egg beat to a froth, and laid on with a paste-brush—some pounded Sugar upon that, and dissolve it with water splashed from the brush:—bake them in a warm oven about ten minutes.

GLOSSARY.

Avoirdupois	The standard British system of weights in the 19th century based on the pound equaling 16 ounces and the ounce equivalent to 16 *drachms*.
Bouilli	The French word for boiled meat, especially beef.
Brose	Scottish dish made by stirring boiling liquid into oatmeal or other meal.
Bruise	To crush by beating or pounding.
Burnet	Herb of the rose family.
"Catch at the Bottom"	Refers to meat sticking to the bottom of a pan after all the liquid has boiled off.
Chine Bone	A cut of meat used for cooking consisting of the backbone of the animal with the adjoining meat.
Colcannon	Boiled potatoes and cabbage mashed together with butter and seasonings.
Collop	A small slice of meat, especially a small rasher of bacon.
Crowdie	A thick gruel of oatmeal and water or milk.
Double Cream	Very heavy, thick cream.
Drachm	Sixteen *drachms* equal one ounce. See *avoirdupois*.
Draught	The liquid from the stomach of sheep or calves in which minced liver, heart and suet are combined with oatmeal, etc. and boiled.
Fagot	*Bouquet garni* (a variety of herbs tied together to flavor a stock or soup).
Flour of Mustard	Dry powdered mustard.
Gill	A unit of liquid measure equal to 1/4 pint.
Griskin	Pork loin, chop or steak.

Haggis	A pudding popular in Scotland made of the heart, liver and lungs of a sheep or calf (minced with suet, onions, oatmeal and seasonings and boiled in the stomach of the animal).
Haggis Bag	Stomach of a sheep or calf.
Hair-sieve	Very fine strainer of woven hair.
Hasty-pudding	A porridge of oatmeal and flour boiled in water.
Hoop	Metal strip formed into a circle. When placed on a flat baking sheet, it serves as a cake pan.
Hotch-Potch	A thick soup or stew of vegetables, potatoes and meat.
Lesser	Ground cardamom (Far East fruit used as a condiment, aromatic, stimulant and adulterant).
Maigre Days	Days on which the eating of meat is forbidden by the Roman Catholic church.
Melted Butter	A sauce made of butter, flour, milk and water.
Moist Sugar	Sugar placed in a cellar for several days to absorb moisture.
Mould	Mold.
Pease	Peas.
Peck	A dry measure equal to 8 quarts (1/4 bushel).
Piquante	An *espagnole* (brown sauce) with vinegar and chopped shallots, gherkins and capers.
Quartein	Chiefly British. A quarter or 1/4 part, especially of certain weights or measures such as a pound, ounce, peck or pint.
Ragoût Dish	A dish made of pieces of meat with vegetables. A highly seasoned stew.
Riddle	A sieve with coarse meshes, usually of wire.
Scrag	The lean back or nape of the neck of mutton or veal.

Shin of Beef — A cut of meat from the foreleg consisting of a cross section of bone and muscle. Used for boiling or braising.

Slice — An implement with a thin, broad blade used to turn food in a frying pan or to serve food.

Steep — To soak in broth made by boiling meat, flavoring, vegetables and spices.

Suet — A white, nearly tasteless solid fat from beef or mutton.

Sweat — To cook very slowly without allowing the color to turn.

Treacle — A mild mixture of molasses, corn syrup, etc. used in cooking.

Tripe — Stomach tissue especially of the ox, used for food.

Trivet — A stand or support with three legs used to hold a kettle or similar vessel near the fire.

Troy — A measurement scale consisting of units of weight based on a pound of 12 ounces and the ounce of 20 pennyweights or 480 grains.

pound = 12 ounces, 240 pennyweight, 5760 grains
ounce = 20 pennyweight, 480 grains
pennyweight = 24 grains, 0.05 ounces
grain = 0.042 pennyweight, 0.002083 ounces

Zest — Thin peel of an orange, lemon or lime (without the white part). Used as a flavoring.

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